Mannitol Testing: The Basics

The Mannitol Challenge Test is an evaluation to determine whether or not you have airway sensitivities such as asthma. A Mannitol is a naturally occurring sugar alcohol that is found in vegetables and fruits. In this case it is used as a pharmaceutical excipient and a trained respiratory physiologist will administer the test.

The mannitol challenge test (Aridol®/Osmohale®) is an indirect osmotic bronchial challenge test that can be used to identify bronchial hyperresponsiveness, a key clinical feature of respiratory conditions such as asthma.

During a mannitol challenge test, the subject inhales increasing doses of mannitol with their lung function measured after each dose to determine the level of bronchial hyperresponsiveness.

This test is a standardized, safe and easy to use bronchial evaluation. It is said that it is 60% accurate in terms of detecting asthma, therefore a negative result can't necessarily rule out asthma. The ease of use on the other hand is a big plus and therefore it is a commonly used method.

An advantage of the mannitol test is its high specificity. If a person has symptoms suggestive of asthma, a positive test indicates a high likelihood of asthma with ongoing airway inflammation. This test is also useful for detecting asthma requiring regular anti-inflammatory therapy.

In order to receive one, you will need to visit a respiratory physiologist. One specific product is the Aridol Bronchial Challenge Kit. It is important to note that the Mannitol Test isn't a stand alone. The physiologist will use it as part of their overall assessment.

This test is a great way to find out whether or not a person has asthma or asthma related conditions. It is proven to be safe and simple. The Aridol branded test is a great method to consider.

If you are a health practitioner and want to order a Mannitol Test, consider visiting Aridol today.